

Listed below is important information regarding the ‘*NHLBI Working Group on the Microbiome in Cardiovascular, Pulmonary and Hematologic Health and Diseases*’.

Workshop Location: (directions below)

Rockledge II building, room 9112/9116
6701 Rockledge Drive
Bethesda, Maryland

Arrival: The meeting room will be open at 8:00 am. Visitors are required to check in at the security desk on the ground floor of the building. Please identify yourself as an attendee of this meeting. The meeting room is located on the 9th floor. Signs will be posted to direct you to the workshop located in room 9112/9116.

Food and Beverage: Food items and beverages can be purchased at the small café near the meeting room.

Directions to the NHLBI Extramural Division Offices: NHLBI Extramural Division offices are located at 6701 Rockledge Drive in Bethesda, Maryland, in the Rockledge II building within the Rockledge Centre complex. Our building is approximately four miles north of the NIH Campus in an area of office buildings between Old Georgetown Road, Democracy Boulevard, I-270, and Montgomery Mall.

Visitor parking is available and is accessible through the parking lot entrance between the Rockledge I and Rockledge II buildings.

Bethesda Marriott Suites on Democracy Boulevard: If you are staying at the Bethesda Marriott Suites (<http://www.marriott.com/hotels/hotel-information/travel/wassb-bethesda-marriott-suites/>) on Democracy Boulevard: This Marriott is located approximately 1 mile from NHLBI offices, in the Rockledge II building at 6701 Rockledge Dr. The hotel has a complimentary shuttle service. While the NHLBI offices are not part of the hotels regular shuttle service route, arrangements can usually be made with the hotel for the added stop, if the request is placed the night before. Alternatively some attendees to meetings at our building will either walk from the hotel or will hire a taxi to transport them.

Driving From Ronald Reagan National Airport: Drive west on the George Washington Parkway to the intersection of I-495 north (Capitol Beltway) to Maryland. Proceeding north on I-495, cross the Potomac River and take the left exit for I-270 north. Follow I-270 north and take the first exit, 1A, Democracy Boulevard East. Turn left at Rockledge Dr., turn left again at the intersection of Rockledge Dr. and Rockledge Pl (continuing on Rockledge Dr.), then turn right into the Rockledge Centre. Rockledge II is the first building on the right.

Taxi service is approximately \$55 one way. Please verify the rate with the driver. Other shuttle services are also available. Please check with the Ground Transportation Desk at the airport.

Driving From Dulles Airport: Drive west on the Dulles Airport Access Road to the intersection of I-495 north (Capitol Beltway) to Maryland. Proceeding north on I-495, cross the Potomac River and take the left exit for I-270 north. Follow I-270 north and take the first exit, 1A, Democracy Boulevard East. Turn left at Rockledge Dr., turn left again at the intersection of Rockledge Dr. and Rockledge Pl. (continuing on Rockledge Dr.), then turn right into the Rockledge Centre. Rockledge II is the first building on the right. Plan on a trip of at least 50-60 minutes because of traffic.

Taxi service is approximately \$70 one way. Please verify the rate with the driver. Other shuttle services are also available. Please check with the Ground Transportation Desk at the airport.

Driving From BWI (Baltimore/Washington International) Airport: Take I-195 and I-95 south toward Washington, DC. At I-495 (Capital Beltway), head west toward Silver Spring/Bethesda. Follow I-270 N, and take the Rockledge Dr. exit. Turn left at the signal light to cross the overpass, then turn right at the next signal, the Rockledge Centre will be on your right. Rockledge II is the first building on the right.

Taxi service is approximately \$110 one way. Please verify the rate with the driver. Other shuttle services are also available. Please check with the Ground Transportation Desk at the airport.

From the NIH Campus: Exiting the campus from the West, turn right onto Old Georgetown Road. Follow Old Georgetown approximately four miles to Rock Spring Drive, just past Democracy Boulevard and Giant Food. Turn left onto Rock Spring Drive., right onto Rockledge Dr., left again at the intersection of Rockledge Dr. and Rockledge Pl. (continuing on Rockledge Dr.), then turn right into the Rockledge Centre. Rockledge II is the first building on the right.

Using Metro: NIH runs a [complimentary shuttle](#) from the Medical Center Metro station at the NIH campus to the Rockledge Centre.